



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated, 1-31-12)

100313- CORN, WHOLE KERNEL (LIQUID PACK), NO SALT ADDED, CANNED, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits	Corn, Whole-Kernel (Liquid pack)		
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better whole-kernel corn, with water.		¼ cup (41 g)	½ cup (82 g)
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 106 oz corn and liquid.One #10 can AP yields about 66.0 oz (9⅞ cups) heated, drained corn and provides about 39.6 ¼-cup servings heated, drained corn OR about 73.3 oz (10⅔ cups) unheated, drained corn and provides about 40.7 ¼-cup servings unheated, drained vegetable.CN Crediting: ¼ cup heated, drained corn OR ¼ cup unheated, drained corn provides ¼ cup vegetable.	Calories	39	78
		Protein	1.25 g	2.50 g
		Carbohydrate	8.87 g	17.74 g
		Dietary Fiber	1.1 g	2.2 g
		Sugars	2.04 g	2.88 g
		Total Fat	0.49 g	0.98 g
		Saturated Fat	0.049 g	0.098 g
		Trans Fat	0 g	0 g
		Cholesterol	0 mg	0 mg
		Iron	0.23 mg	0.46 mg
		Calcium	3 mg	6 mg
		Sodium	8 mg	16 mg
		Magnesium	10 mg	20 mg
		Potassium	87 mg	174 mg
		Vitamin A	22 IU	44 IU
Vitamin A	1 RAE	2 RAE		
Vitamin C	1.7 mg	3.4 mg		
Vitamin E	0.02 mg	0.04 mg		
STORAGE	<ul style="list-style-type: none">Store unopened canned corn in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened can of corn covered and labeled in a nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.			
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.Use a clean and sanitized can opener.			



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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none">• STOCK POT OR STEAM JACKETED KETTLE: Drain off half the liquid from the canned corn. Pour corn and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.• STEAMER: Pour corn and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.• Canned vegetables should be heated only to serving temperature and served soon after heating.
USES AND TIPS	<ul style="list-style-type: none">• Serve canned corn heated or use in soups, stews, chowders, stuffing, relishes, fritters, and main dishes.• Combine corn with lima beans to make succotash. Add flavor to canned corn with seasonings such as celery, onion or garlic powder, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion, or black pepper.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.